

Creating a Culture for Success: Educator Series

Self-Care for School Staff

Session 4.1: Recognizing Educator Stress and Burnout

*This space is for your notes and personal reflections as you participate in
Session 4.1: Recognizing Educator Stress and Burnout*

Objectives:

- *Identify the impact of stress on our physical, mental, and emotional health*
- *Draw connections between prolonged stress and educator burnout*
- *Examine the symptoms of educator burnout and compassion fatigue*

Notes	
Definition and Types of Stress	
Impacts of Prolonged Stress	
Educator Burnout	
Compassion Fatigue	
Vicarious Trauma	

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Reflection	
Have you ever felt you may be experiencing stress, burnout, or compassion fatigue?	
If so, how were you able to overcome these feelings?	
If not, what strategies do you use to manage these factors in your life?	